



EVERY DAY BEGINS WITH A SIP.  
*Sip Smarter.*



## Produce for Better Health and SipSmarter Partner For Drink Your Fruit and Veggies Series

The Produce for Better Health Foundation and SipSmarter teamed up to bring a one-stop-shop of information about all things 100% fruit and vegetable juice. Read up on new recipes from SipSmarter like the refreshing Spiced Grape Spritz and nutritious Orange-Sesame Quinoa Salad and find information about bioactives from Diane Welland, RD and Director of Communications for Juice Product Association. Additionally, Dr. Robert Murray, a leading pediatrician and pediatric gastroenterologist, shares his expertise on how 100% fruit juice can help kids and adults alike consume sufficient levels of fruit in order to meet the recommendations of the Dietary Guidelines for Americans. Lastly, Leslie Bonci, owner of Active Eating Advice, a nutrition consulting company, and PBH Ambassador, shares a great video showcasing 3 easy to make recipes that are perfect for summer and use 100% fruit juice.

[View the Complete Series](#)



## Orange and Apple Juices Prove Hydration Power

Staying hydrated is essential at all times – but especially so during the hot and humid days of summer. A [2019 University of Kansas study](#), published in the Journal of Nutrition and Health Sciences, determined drinking a glass of 100% orange juice is just as effective as popular sports drinks or water when it comes to hydration. Meanwhile, apple juice is also finding its day in the sun after a [Canadian study](#) evaluated 644 children aged 6 months to 5 years who were admitted to the ER with gastrointestinal symptoms and mild dehydration. Conducted over a five-year period, and published in the Journal of the American Medical Association, this study showed that the children who consumed apple juice were rehydrated better than those who consumed a traditional electrolyte drink.

[Find More Hydration Info](#)



## Q&A on Summer Hydration

Can particular foods help with hydration? What advice is there for keeping kids hydrated? Are there better ways to hydrate after a workout? Registered Dietitian Diane Welland answers these questions and more.

[Read More](#)

## Tips & Tricks on Staying Hydrated

Proper hydration plays a key role in keeping us energized and focused. We can stay hydrated during the long, hot summer in a number of different ways – from what we eat, what we drink and what activities we do.

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